



*Caucus on*

# Complementary, Alternative & Integrative Medicine

## WELCOME

Our streamlined newsletter for caucus members features the latest research, events and more. See our members-only content and join the conversation in at our [website](#).

Many thanks to Craig Wagner for curating content for this newsletter.

Enjoy!  
Lila Massoumi, MD

## BIOMEDICAL RESEARCH

### **Ibogaine for substance abuse?**

Ibogaine is a psychoactive substance derived from root bark of the West African shrub *Tabernanthe iboga*. It is purported to be an effective drug dependence treatment, but its efficacy has been hard to evaluate, partly because it is illegal in some countries.

A [retrospective analysis](#) in Brazil of alcohol, cannabis, cocaine and crack users found 61% achieved abstinence (5.5 months for a single treatment, of 8.4 for multiple). These results suggest that ibogaine use accompanied by psychotherapy can facilitate prolonged periods of abstinence without serious adverse effects.

### **Antibiotic use correlated with mental health diagnosis.**

Because antibiotics kill bacteria and can disrupt the gut microbiome, researchers studied records of antibiotic use by psychiatric patients compared to controls.

1.3% of controls were on antibiotics, but psychiatric patients were much more likely to be taking them: 2.9% for major depression, 3% for schizophrenia, 4% for bipolar depression and 7.7% for mania. The study "suggests that if we can prevent infections and minimize antibiotic treatment in people with mental illness, then we might be able to prevent the occurrence of manic episodes."

## MEMBER INSIGHT

Dr. Gurevich with Cassandra L. Robinson, MS, published two case series of clinical experience with bipolar patients.

The first includes 7 subjects. All were able to withdraw from psychotropics and remain stable for 10 months using individualized holistic treatment strategies included herbs, nutritional supplements, vitamins, amino acids, acupuncture, dietary recommendations, and behavioral modifications.

The second included 6 treatment resistant patients. Again, all achieved long term remission (> 1 year) using individualized holistic treatments.

Dr. Gurevich will be presenting at the ICIM conference Oct. 8-11 (below).

## PSYCHOSOCIAL RESEARCH

### Psychiatry / psychology divide?

A new [study](#) suggests that psychiatrists and psychologists are clustered at opposite ends of a biological-psychosocial continuum and that these differences inform their respective theory and practice.

"Trainee clinical psychologists favor psychosocial over biological understandings of mental disorders... while psychiatry trainees were most likely to endorse statements

based on biological concepts like biological markers..."

The multi-disciplinary nature of Integrative Psychiatry and the growth of practices that integrate biomedical and psychosocial perspectives may offer an effective means to bridge this divide.

**Behavioral Activation (BA): as good as Cognitive Behavioral Therapy (CBT) and easier/cheaper.**

The Thought-Emotion-Action cycle is a core construct in much of Cognitive Therapy. While CBT focuses on changing unhelpful thought, BA is a depression therapy that encourages positive action. Both can improve mood.

A [study](#) of 440 depressed people found BA as effective as CBT - both resulting in 2/3 of people having at least a 50% reduction in depressive symptoms - but BA costs 20% less cost and is deliverable by non-specialist staff.

## WELLNESS RESEARCH

### Toxins and brain development.

In a [consensus statement](#), 48 leading scientific and medical experts call for an immediate and significant reduction in exposures to toxic chemicals that interfere with brain development.

Evidence suggests that they can contribute to autism, ADHD, and other disabilities.

Primary toxins include organophosphate pesticides, certain flame retardants, lead, mercury and PCBs.

The group seeks to overhaul the U.S. approach to developing and assessing evidence on chemicals of concern.

### BPA plastics and ADHD.

A [study](#) of 460 children revealed a 5X higher prevalence of ADHD among children with

urinary BPA concentrations above the median. Sex-stratified results found clear distinctions: above median boys were 11X more likely to have an ADHD diagnoses while above median girls had only slightly higher frequency of an ADHD diagnosis.

### Eating fruit and mood.

A [study](#) of over 12,000 Australians found that happiness benefits were detected for each extra daily portion of fruit and vegetables up to 8 portions per day. The people who changed from almost no fruit and veg to eight portions of fruit and veg a day experienced an increase in life satisfaction equivalent to getting a job when unemployed.

### Gut transit time and gut health.

Maintaining a variety of gut bacterial flora is only one consideration in gut health.

A [study](#) found an additional consideration: the longer food takes to pass through the colon, the more harmful bacterial byproducts are produced. Conversely, when transit time is shorter, a higher amount of the substances are produced associated with renewal of the colon's inner surface. These results emphasize the importance of preventing constipation (slow transit time), a risk factor for ADHD and autism. Gut transit time is sped up by eating fiber, drinking water and limiting red meat consumption.

## CAUCUS TRAINING

**Online CME'S:** The APA now has a fully functional online learning center for CME's. Here is the direct link to the catalog of offerings. Under "Topics", select "Integrative Medicine (CAM)". Current activities include my "Intro to CAM in Psychiatry" from the Annual 2015 APA meeting and an online CME test for the June 2016 green journal article: "Adjunctive Nutraceuticals for Depression: A Systematic Review and Meta-Analyses".

**Web Forums.** Due to high demand, our caucus website now has FORUMS! Go here to ask your colleagues questions. You can subscribe to currently existing forums you find interesting or start your own. Let's share our experience!

**Social Media.** Want to help with Social Media? Any) caucus members who have any desire to create an account for our caucus on social media (e.g. Facebook, others?) please go ahead! You have my blessing!

| Date            | Event  |
|-----------------|--|
| Sept 8-11       | "Re-examining the Oath: Reversing Nutrient Deficiency and Iatrogenic Toxicity." Sponsored by the International College of Integrative Medicine, Toronto. <a href="#">More.</a>                 |
| Sept 16-18      | 14th Annual International Restorative Medicine Conference. Hilton Head. <a href="#">More</a>   |
| Sept 29 – Oct 2 | 7th annual Integrative Medicine for Mental Health (IMMH) Conference. Washington DC. <a href="#">More</a>   |
| Oct 6-9         | IPS Mental Health Services Conference. Washington DC. <a href="#">More</a>   |
| Oct 14-16       | Psychiatry MasterClass: <i>Intensive Clinical Training in Integrative Psychiatry.</i> Denver, CO. <a href="#">More</a>   |
| Oct 15-18       | Walsh Research Institute Mastering Brain Chemistry Physician Education Workshop, Oak Brook, IL, <a href="#">Contact.</a> <a href="#">More.</a>   |
| Oct 28-30       | International Society for Psychological and Social Approaches to Psychosis (ISPS), US 15th Annual Meeting, Boston, MA. <a href="#">More.</a>   |
| Oct 30          | AIHM Annual Conference. San Diego, CA. <a href="#">More.</a>   |
| Nov 5           | Nutrient Resolution: Breaking the Cycle of Stress and Chronic Inflammation - a CAM Conference with BANT (British Associ. for Applied Nutrition and Nutritional Therapy), <a href="#">More.</a> |

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